

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Pennsylvania Counseling Services-Multisystemic Therapy (MST)

Cohort Total: 18

SPEP ID: 57

Selected Timeframe: Jan. 1, 2013-Dec. 31, 2013

Date(s) of Interview(s): May 23, 2014

Lead County & SPEP Team Representatives: Nicole Mattern, Dauphin Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Nicole Mattern

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Pennsylvania Counseling Services, formerly known as Pennsylvania Psychological Services, is an organization dedicated to helping others by utilizing the method and manner which best fits the therapist and client. Pennsylvania Counseling Services offers various treatment services in seventeen locations throughout the central PA such as: Student Assistance Services, Truancy Prevention, Behavioral Health rehabilitation Services (Wrap Around Services), Family Based Services, Outpatient Services, Psychological & Psychiatric Services and Multisystemic Therapy Services (MST). MST is provided by two of those locations, in Dauphin County and Lancaster County. A SPEP Interview was facilitated on the service of Multisystemic Therapy (MST,) provided through the Dauphin County Program located at 200 South Progress Avenue Harrisburg, PA 17109.

MST is a goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. MST is a family-focused and community-based treatment program that is developed for chronic, some violent, delinquent behavior, emotional problems, truancy, academic problems as well as drug and alcohol problems. Youth are referred to MST through Juvenile Court and Social Services for Children & Youth as an alternative to placement. MST is not intended to work in tandem with other services; therefore youth receiving MST are typically not participating in other treatment interventions. MST is not suited for youth who are diagnosed with depression, trauma related issues, autism or psychiatric disorders, and referrals are declined as a result. Pennsylvania Counseling Services MST prefer youth to range between 12-19 and typically decline youth that will turn 18 while receiving services due the fact that they will not be able to complete the services.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Family Counseling

Based on the meta-analysis, is there a qualifying supplemental service? n/a

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a **Total Points Possible for this Service Type:** 20

Total Points Earned: 20 **Total Points Possible:** 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 **Total Points Possible:** 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 6

Total Points Earned: 12 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

16/17 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 10 points

4/17 youth in the cohort are High or Very High YLS Risk Level for a total of 5 points

Total Points Earned: 15 Total Points Possible: 25

Basic SPEP™ Score: 67 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 79% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

The PA Counseling Services MST program scored a 67 for the Basic Score and a 79% Program Optimization Percentage. It is classified as a Family Counseling service type. The program could improve its capacity for recidivism reduction through:

1. Examine program ability to accept high risk youth according to the Youth Level of Service (YLS) through the Dauphin County Probation Services Department.
2. Work closely with the Quality Assurance Department in Dauphin County to assess the shortcomings with duration and contact hours for those youth that did not meet the respective targets.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Multisystemic Therapy® (MST®)

Cohort Total: 27

SPEP ID: 57-T02

Selected Timeframe: Jan. 1, 2015-Oct. 1, 2016

Date(s) of Interview(s): Oct. 28, 2016

Lead County & SPEP Team Representatives: Matt Foster, Dauphin Co. & Shawn Peck, EPISCenter

Person Preparing Report: Matt Foster & Shawn Peck

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Pennsylvania Counseling Services, formerly known as Pennsylvania Psychological Services, is an organization dedicated to helping others by utilizing the method and manner which best fits the therapist and client. Pennsylvania Counseling Services offers various treatment services in seventeen locations throughout the central PA such as: Student Assistance Services, Truancy Prevention, Behavioral Health rehabilitation Services (wrap Around Services), Family Based Services, Outpatient Services, Psychological & Psychiatric Services and Multisystemic® Therapy Services (MST®). MST® is provided by two of those locations, in Dauphin County and Lancaster County.

MST® is a goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. MST® is a family-focused and community-based treatment program that is developed for chronic, some violent, delinquent behavior, emotional problems, truancy, academic problems as well as drug and alcohol problems. Youth are referred to MST® through Juvenile Court and Social Services for Children & Youth as an alternative to placement. MST® is not intended to work in tandem with other services; therefore youth receiving MST® are typically not participating in other treatment interventions. MST® does have exclusion criteria; it is not suited for youth who have suicidal/homicidal ideations or attempts, or who display psychotic behaviors. MST® is not suited for youth who are diagnosed with depression, trauma related issues, autism or psychiatric disorders. Youth are excluded when sexual issues are the primary behavior or a borderline or below IQ. Pennsylvania Counseling Services MST® prefer youth to range between 12-19 years of age and typically decline youth that will turn 18 while receiving services due the fact that they will not be able to complete the services.

MST® is based on the theory that behavioral change in youth is reached through the process of addressing their ecological factors, such as neighborhood, school, peers, and family. As a result, attention is given to these “drivers” of behavior at the onset of treatment in order to ensure that the undesired behaviors are addressed. MST® adheres to Analytical Model to identify a “Fit Circle” and recommends that this is applied in all aspects of treatment. The Analytical Model is also applied to supervision of Clinician’s and is integrated within the organizational culture of Pennsylvania Counseling Services.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Family Counseling

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a Total Points Possible for this Service Type: 20

Total Points Earned: 20 Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 4

Total Points Earned: 10 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

22 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 10 points

1 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 10 Total Points Possible: 25

Basic SPEP™ Score: 60 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 71% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

Summary and Recommendations of Reassessment Findings:

Pennsylvania Counseling Services' MST® scored 60% for the Basic Score and a 71% Program Optimization Percentage. It is classified as a Group 3 service; Family Counseling service type. These scores represent a decrease in 7 percentage points from the baseline findings of the Initial SPEP™ Assessment scoring results. The program could continue to improve its capacity for recidivism reduction through:

1. Regarding Service Amount: Continue to communicate the recommended duration of Family Counseling with Dauphin County Juvenile Court and other courts.
2. Regarding Youth Level of Risk: Continue to accept Moderate to High Risk youth that are best suited for this service.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 2

SPEP™ ID and Time: 57-T03

Agency Name: Pennsylvania Counseling Services
Program Name: Multisystemic Therapy® (MST®)
Service Name: Multisystemic Therapy® (MST®)
Cohort Total: 23
Timeframe of Selected Cohort: January 1, 2013 through December 31, 2013
Referral County(s): Dauphin
Date(s) of Interview(s): June 25, 2019
Lead County: Dauphin
Probation Representative(s): Kija Waithe
EPIS Representative: Lisa Freese

Description of Service:

Pennsylvania Counseling Services, formerly known as Pennsylvania Psychological Services, is an organization dedicated to helping others by utilizing the method and manner which best fits the therapist and client. Pennsylvania Counseling Services offers various treatment services in seventeen locations throughout the central Pennsylvania such as: Student Assistance Services, Truancy Prevention, Behavioral Health Rehabilitation Services (wrap around services), Family Based Services, Outpatient Services, Psychological & Psychiatric Services and Multisystemic Therapy Services® (MST®). MST® is provided in Dauphin, Lancaster and Lebanon Counties.

MST® is a goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. MST® is a family-focused and community-based treatment program that is developed for chronic, some violent, delinquent behavior, emotional problems, truancy, academic problems as well as drug and alcohol problems. Youth are referred to MST® through the Juvenile Court and Social Services for Children & Youth as an alternative to placement. MST® is not intended to work in tandem with other services; therefore, youth receiving MST® are typically not participating in other treatment interventions. MST® does have exclusionary criteria; it is not suited for youth who have suicidal/homicidal ideations or attempts, or who display psychotic behaviors. MST® is not suited for youth who are diagnosed with depression, trauma related issues, autism or psychiatric disorders. Youth are excluded when sexual issues are the primary behavior or if they have a borderline or below IQ. Pennsylvania Counseling Services' MST® prefer youth to range between 12-17 years of age and typically decline youth that will turn 18 while receiving services because they will be unable to complete the services.

MST® is based on the theory that behavioral change in youth is reached through the process of addressing their ecological factors, such as neighborhood, school, peers and family. As a result, attention is given to these "drivers" of behavior at the onset of treatment to ensure that the undesired behaviors are addressed. MST® adheres to Analytical Model to identify a "Fit Circle" and recommends that this is applied in all aspects of treatment. The Analytical Model is also applied to clinician supervision and is integrated within the organizational culture of Pennsylvania Counseling Services.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. SPEP™ Service Type: Restitution/Community Service

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service Type? There is no qualifying supplemental service

Was the supplemental service provided? N/A **Total Points Possible for this Service Type:** _____

Total Points Received: _____ **Total Points Possible:** 35

2. Quality of Service: Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training, staff supervision, and how drift from service delivery is addressed.

Total Points Received: _____ **Total Points Possible:** 20

3. Amount of Service: Score was derived by calculating the total number of weeks and hours received by each youth in the service. The amount of service is measured by the target amounts of service for the SPEP™ service categorization. Each SPEP™ service type has varying amounts of duration and contact hours. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Contact Hours or Number of Hours: 6

Total Points Received: 12 Total Points Possible: 20

4. Youth Risk Level: The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

23 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 12 points

6 youth in the cohort are High or Very High YLS Risk Level for a total of 8 points

Total Points Received: 20 Total Points Possible: 25

Basic SPEP™ Score: 72 total points received out of 100 points. Compares service to any other type of SPEP™ therapeutic service. (e.g. individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 85% This percentage compares the service to the same service types found in the research. (e.g. individual counseling compared to all other individual counseling services included in the research.)

The SPEP™ and Performance Improvement

The intended use of the SPEP™ is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service Feedback Report, and these recommendations are the focus of the Performance Improvement Plan, a shared responsibility of the service provider and the juvenile probation department.

The program could continue to improve its capacity for recidivism reduction through:

1. Regarding Service Amount: Continue to communicate the recommended duration of Family Counseling with Dauphin County Juvenile Court and other courts.
 - a. Identify youth that are released from the service prior to the target duration of 13 weeks;
 - b. Identify through collaboration with juvenile probation areas that could improve targeted dosage.
2. Regarding Youth Level of Risk: Continue to accept Moderate to High Risk youth that are best suited for this service.